

ASC IMX Distance Challenge  
 Hosted by **ANNAPOLIS SWIM CLUB**  
 December 28 and 29, 2019  
**Arundel Olympic Swim Center**  
 2960 Riva Road  
 Annapolis, Maryland 21401

**Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.**  
 Sanction # MDSI 19-20/

**In granting this Sanction it is understood and agreed that USA Swimming and MD Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. USA Swimming Article 202.6.6C**

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), and the MD Swimming Code of Conduct ([www.mdswwim.org](http://www.mdswwim.org)) will govern this meet.

ENTRY DEADLINE December 14, 2019, 5:00PM

<b>CERTIFIED MEET DIRECTOR</b>	<b>CERTIFIED MEET ENTRY COORDINATOR</b>
John Murphy 301-346-6101 <a href="mailto:ascmeetentries@gmail.com">ascmeetentries@gmail.com</a>	John Murphy 100 Cathedral Street, Suite 6 Annapolis, MD 21401 301-346-6101 <a href="mailto:ascmeetentries@gmail.com">ascmeetentries@gmail.com</a>
<b>MEET REFEREE</b>	<b>USA REGISTERED OPERATIONAL RISK DIRECTOR</b>
Doug Karr 410-353-5948 <a href="mailto:Dkarr29@gmail.com">Dkarr29@gmail.com</a> Meet Notice read & approved by Referee: YES	Elizabeth Cmiel Ken DeGruchy
<b>OFFICIALS CONTACT</b>	<b>ADMIN OFFICIAL</b>
Doug Karr <a href="mailto:Dkarr29@gmail.com">Dkarr29@gmail.com</a>	Becky Sloan <a href="mailto:sloangang@gmail.com">sloangang@gmail.com</a>

**FACILITY**

The competition pool is an eight lane 25 yard pool with stationary starting blocks and a Colorado automatic timing system which will be used for capturing and recording the times. The competition course has not been certified in accordance with 104.2.2C (4).

There will be lanes available in the non-competition side of the pool for warmup and warm down once the meet starts.

**MEET FORMAT**

This is a timed finals meet. All events will be swum fastest to slowest, with the exception of the events in Session 2. The events in sessions 1, 3 & 4 may be swim fastest to slowest, alternating girls then boys at the discretion of the meet referee.

Upon request by the Meet Director, Technical Planning may split or combine sessions in order to run a more effective meet. Order of events may not be changed. Deck seeds will be accepted with the approval and at the discretion of the Meet Referee. No deck registrations will be accepted.

Positive check-in will be required for all events in sessions 1, 3 & 4.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday, 12/28	7:00 AM	8:00 AM	11 & Older
2	Saturday, 12/28	12:00 PM	1:00 PM	11 & Older
3	Saturday, 12/28	4:15 PM	5:00 PM	11 & Older
4	Sunday, 12/29	7:00 AM	8:00 AM	11& Older

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For
Saturday, Dec. 14, 2019	5:00 PM	Entry deadline
Friday, Dec. 27, 2019	12:00PM	Scratch deadline (Session 1)
Saturday, Dec. 28, 2019	7:15 AM	Officials Briefing (Session 1)
Saturday, Dec. 28, 2019	12:15 PM	Officials Briefing (Session 2)
Saturday, Dec. 28, 2019	12:30 PM	Timer's Briefing (Session 2)
Saturday, Dec. 28, 2019	20 min. after Session 2 warm-ups start	Positive scratch deadline (Session 2)
Saturday, Dec. 28, 2019	5:00PM	Positive scratch deadline (Session 4)
Saturday, Dec. 28, 2019	Immediately after Session 2	Officials Briefing (Session 3)
Saturday, Dec. 28, 2019	10 min. after Session 3 warmups begin	Positive Scratch deadline (Session 3)
Sunday, Dec. 29, 2019	7:15 AM	Officials Briefing (Session 4)

<b>SAFETY</b>	<p>The MDSI Safety Program is in effect for this meet. Coaches are always advised to closely supervise their swimmers. NO running or horseplay will be tolerated. Upon approval by the facility, swimmers can use only personal kickboards, pull buoys and snorkels in non-competition warm up areas. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.</p>
<b>RACING STARTS</b>	<p>Any swimmer entered in the meet, must be certified by a USA Swimming member coach as being proficient in performing <b>both</b> a forward racing start and a backstroke start, or must start each race from within the water. When un-accompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p>
<b>RULES</b>	<p>This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks or in changing areas, rest rooms or locker rooms.</p> <p>Deck changes are prohibited.</p> <p><b>Tech Suits are banned for all 12 &amp; Unders.</b></p>
<b>ELIGIBILITY</b>	<p>All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline. There will be no on deck registration available at this meet. A swimmer's age on the first day of the meet will determine their age for the entire meet. Swimmers must be at least 11 years old by the first day of the meet. All entries must be submitted with Short Course Yard Times. "No Time" (NT)'s may be submitted, but estimated times are strongly encouraged.</p> <p>Maryland LSC Assigned Teams: ASC, BAAC, BST, CAC, CATY, PEAK, FSC, GBSA, GMAC, HFY, NAAC, NBAC, OPST, ROCK, SPRC, SPY, UN</p>
<b>SWIMMERS WITH DISABILITIES</b>	<p>Annapolis Swim Club welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit Annapolis Swim Club's ability to accommodate all requests.</p>
<b>HEALTH GUIDELINES</b>	<p>All meets in the Maryland Swimming LSC are guided by the Maryland Department of Health and Mental Hygiene. This not only applies to Viral Gastroenteritis but other infectious diseases as well. The Meet Referee</p>

has the authority to inform and protect coaches, spectators, volunteers and swimmers from a potential outbreak of illness. At the discretion of the Meet Referee, anyone who exhibits symptoms of illness may be asked to withdraw from the competition for a 24 hour period. Swimmers will need to be cleared by the Meet Referee in order to return to competition.

**ENTRIES**

All entries must be submitted with Short Course Yard Times. Teams can use a "No Time" (NT), but estimated times are strongly encouraged. All entries must be submitted via email to John Murphy – [ascmeetentries@gmail.com](mailto:ascmeetentries@gmail.com) – with accompanying (1) Team Manager or Team Unify Electronic Files [.hy3, .cl2], and (2) a PDF Report of Entries by NAME.

Checks for Entry Fees should be made payable to Annapolis Swim Club and mailed with Entry Forms to :

Annapolis Swim Club  
Attn: John Murphy  
100 Cathedral Street  
Suite 100  
Annapolis, Maryland  
21401

Please Note: Payment in full must be received before the entry deadline to the Meet Entry Coordinator in order to be accepted. **Annapolis Swim Club** entries will be entered first and then accept teams/entries in the order received, until the four/five hour rule is reached. Entries received thereafter will be returned immediately.

**ENTRY LIMITATIONS**

Swimmers may swim a maximum of 3 events per session and five (5) individual events for the meet.

No 10 & Unders may participate in the meet.

**ENTRY VERIFICATION**

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

**ENTRY DEADLINES**

The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. No late entries will be accepted. There will be no on deck registrations. Maryland Swimming entries received prior to the entry deadline receive priority over out of LSC entries received.

**ENTRY FEES**

Make checks payable to: Annapolis Swim Club	
Swimmer Surcharge	\$15.00 per Swimmer
Individual Event	\$8.00 per event

## SEEDING

The conforming time standard for this meet is short course yards. Swimmer will be seeded from fastest to slowest in sessions 1, 3 & 4. Session two will be swum from slowest to fastest. Events in sessions 1,3 & 4 may be swum alternating girls and boys heats for the same event (i.e. – fastest heat of girls 1650 free, then the fastest heat of boys 1650 free, followed by the second fast heat of girls 1650 free, etc.) at the discretion of the meet referee.

## CHECK-IN

No penalty positive-scratch. A scratch sheet will be given to coaches, and will be required for all events.

- All 1650 free (Session 1) scratches need to be made in email form by Friday, Dec. 27 at 12PM
- Deadline for Athlete Scratches for Session 2 will be 20 minutes after the start of warm-ups.
- Deadline for Athlete Scratches for Session 3 will be 10 minutes after the start of Session 3 warmups
- Deadline for Athlete Scratches for Session 4 (400 IM & 1000 FREE) will be 5PM on Saturday, Dec. 28

## SCRATCHES

There will be no penalty for scratching events before the Athlete Check- in deadline. There will be no penalty for swimmers that “check in” and do not swim.

## SCORING

No team or individual scores will be kept.

## AWARDS

No awards will be given at this meet.

## RESULTS

Results will be posted on Annapolis Swim Club’s and MSI’s website within 24 hours of the meet’s conclusion. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment.

## COACHES/OFFICIALS/MEET STAFF

**POSITIVE CHECK IN FOR COACHES, OFFICIALS and MEET STAFF:**  
*There will be a positive check in for all coaches, officials and approved meet staff. The check in table will be located in the main lobby. DECK PASS must be presented showing current fully certified Coach Membership or current fully certified Officials Membership. Meet Staff must be listed on an approved list provided by the host team. Upon verification of credentials, a meet specific credential will be given that shall be worn at all times while on deck. Failure to comply will result in deck access being denied or immediate removal from the pool deck.*

**OFFICIALS/ TIMERS/  
VOLUNTEERS**

**There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches meetings.**

There will be a need for officials. Please contact Doug Karr at [dkarr29@gmail.com](mailto:dkarr29@gmail.com) Annapolis Swim Club welcomes and encourages anyone willing to volunteer to use the officials sign-up link to indicate your availability or contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming. Either Deck Pass or a membership card will be acceptable as proof of membership. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area 45 minutes prior to the start of each session. Advance sign up is appreciated but not required.

Swimmers must provide their own timers for session 1, 3 & 4.

**HOSPITALITY/  
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Food and refreshments will be available at the concession stand for athletes and spectators.

**WARM-UP**

**In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries.** During the competition, there will be lanes available for continuous warm-up/down. **There is to be no diving or horseplay in this area.**

# ORDER OF EVENTS & QUALIFYING TIMES

## Session 1

Saturday,  
December 28, 2019  
Warm-up: 7:00 AM;  
Meet Start: 8:00 AM

Girls/Women	Event	Boys/Men
1	*11 & OVER 1650 FREE	2

**\*ALL SWIMMERS IN THE 1650 FREE MUST PROVIDE THEIR OWN TIMER AND COUNTER.**

## Session 2

Saturday,  
December 28, 2019  
Warm-up: 12:00 PM;  
Meet Start: 1:00 PM

Girls/Women	Event	Boys/Men
3	11 & OVER 200 FLY	4
5	11 & OVER 200 BACK	6
7	11 & OVER 200 BREAST	8
9	11 & OVER 200 IM	10

## Session 3

Saturday,  
December 28,  
2019

Warmup: 4:15PM  
MeetStart:  
5:00PM

Girls/Women	Event	Boys/Men
11	*11 & OVER MIXED 500 FREE	12

**\*ALL SWIMMERS IN THE 500 FREE MUST PROVIDE THEIR OWN TIMER AND COUNTER.**

**Session 4**

**Sunday,  
December 29,  
2019**

**Warm-up: 7:00 AM; Meet Start: 8:00 AM**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
<b>13</b>	<b>*11 &amp; OVER MIXED 400 IM</b>	<b>14</b>
<b>15</b>	<b>*11 &amp; OVER MIXED 1000 FREE</b>	<b>16</b>

**\*ALL SWIMMERS IN THE 400 IM MUST PROVIDE THEIR OWN TIMER.**

**\*ALL SWIMMERS IN THE 1000 FREE MUST PROVIDE THEIR OWN TIMER AND COUNTER.**



**2019 ASC IMX Distance Challenge  
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to **Annapolis Swim Club**):  
 Annapolis Swim Club  
 ATTN: John Murphy  
 100 Cathedral Street, Suite 100  
 Annapolis, Maryland 21401  
 Email to: ascmeetentries@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$8.00 per event	
Surcharge per swimmer		\$15.00 per swimmer	
<b>Total Fees Due</b>			

**Waiver, Acknowledgement and Liability Release:**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Maryland Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. TEAM HOST, FACILITY, Maryland Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

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SIGNATURE (Coach or Club Representative)

CLUB